



# JANUARY 2011

## MONTHLY SCHEDULE & NEWS FOR CITY OF DULUTH SENIOR RECREATION SITES

City of Duluth Department of Public Administration  
Parks & Recreation Division  
12 East 4th Street • Duluth, MN 55805 • 218.730.4310



### EVERGREEN

5830 Grand Avenue • 723.3663

WEEKDAYS	11:30	Senior Dining Meal
MONDAY	12:00 1:00	Hand & Foot (Card Game) Cribbage
TUESDAY	12:15	500
WEDNESDAY	12:15	Bridge & Crafts
THURSDAY	12:30	Bingo
FRIDAY	12:15 1:00	500 Cribbage

**MORGAN PARK,  
& PORTMAN  
CENTERS  
listed on back.**

<i>Tuesday</i>	<i>January 4</i> 1-5 PM AARP Defensive Driving Refresher Course (Call 730.4319 to register)
<i>Thursday</i>	<i>January 6</i> 11:30 Senior Birthday Party/Cake
<i>Wednesday</i>	<i>January 19</i> 3 PM USS Retiree Meeting

### SENIOR ACTIVITY SCHEDULE "At A Glance"

Weekly, unless otherwise indicated.

#### BINGO

Monday  
12:30 - Portman

Wednesday  
12:30 - Morgan Park  
1:00 - Rainbow

Thursday  
12:30 - Evergreen  
12:30 - Lincoln Park

Friday  
1:00 - Rainbow

#### FOOT CARE (Fee Applies)

Wednesday, January 19  
9:00 - Portman  
Walk-in appointments

#### BLOOD PRESSURE

Monday, January 10  
11-11:30 - Portman

Wednesday, January 12  
10:30 - Lincoln Park

Wednesday,  
January 26  
11:30 - Rainbow

*Then sing, young hearts that are full of cheer,  
With never a thought of sorrow;  
The old goes out, but the glad young year  
Counts merrily in tomorrow.*

Emily Miller

*On the new year, may your  
right hand be always  
outstretched in friendship,  
but never in want.*

Traditional Irish Toast





# MORGAN PARK

1242 88th Avenue West • 626.4522

WEEKDAYS	10:00	Open Recreation
	11:30	Senior Dining Meal
MONDAY	10:00	Bone Builders
TUESDAY	10:30	Quilting
WEDNESDAY	9:30	TOPS
	10:00	Bone Builders
	12:30	Bingo
THURSDAY	12:30	Cribbage
FRIDAY	10:00	Bone Builders
	12:15	Bridge

*Wednesday*

*January 5*  
11:00 Senior Meeting

**B**e always  
at war  
with your  
vices, at peace  
with your  
neighbors, and  
let each new  
year find you a  
better man

**BENJAMIN  
FRANKLIN**



Here's the the bright New Year and a fond farewell  
to the old; here's to the things that are yet to come  
and the memories that we hold.

**ANONYMOUS**



Call 218.727.4321  
for more info on the  
**SENIOR DINING PROGRAM**  
sponsored by AEOA  
at these sites:

# PORTMAN

4601 McCulloch Street • 525.0838

WEEKDAYS	11:30	Sr Dining Meal
MONDAY	12:30	Bingo
	3:00	Line Dancing
TUESDAY	9:00	Exercise
	12:00	Bridge
THURSDAY	9:00	Exercise

*Monday*

*January 3*  
12:00 - Senior Meeting  
Speaker

*Friday*

*January 7*  
1-5 PM AARP Defensive  
Driving Refresher Class  
(Call 730.4319 to register)

*Monday*

*January 10*  
11-11:30 Blood Pressure

*Wednesday*

*January 19*  
9:00 Foot Care  
Walk-in appointments

*Friday*

*January 21*  
12:30 - Special Winter Bird  
Bingo (Cornish Game Hen)  
Bingo - regular games for  
\$\$\$\$ and special games

*Monday*

*January 31*  
12:30 - Birthday Bingo  
Free bingo card with  
purchase for January  
birthday!



**DULUTH HEIGHTS HOLY CROSS CHURCH**  
410 North Arlington Avenue • 722.6022  
**EVERGREEN SENIOR CENTER**  
5830 Grand Avenue • 723.3663  
**LINCOLN PARK COMMUNITY CENTER**  
2014 West Third Street • 722.4107  
**MORGAN PARK COMMUNITY REC CENTER**  
1242 88th Avenue West • 626.4522  
**PORTMAN COMMUNITY REC CENTER**  
4601 McCulloch Street • 525.0838  
**RAINBOW COMMUNITY CENTER**  
211 N 3rd Ave E • 727.8147  
**WOODLAND GARDENS APARTMENTS**  
127 Calvary Road • 724.2989





# RAINBOW CENTER

211 North 3rd Avenue East • 727.8147 (Cathie McGovern)

**Monday-Friday January 1-31**

**Tuesday January 4**

**Wednesday January 5**

**Thursday January 6**

TREASURE CHEST SALE DAILY  
Time to clean out the cupboard!

BEGINNING YOGA w/MASSAGE 10 AM  
MOVIE (Audience Choice) 12 PM

BAKE & CRAFT SALE 8:30

NAPS COMMODITIES 10 AM - 2 PM  
BEGINNING YOGA w/MASSAGE 1 PM

**Friday January 7**

**Monday January 10**

**Tuesday January 11**

**Wednesday January 12**

**Thursday January 13**

**Tuesday January 18**

**Wednesday January 19**

**Thursday January 20**

**Tuesday January 25**

**Wednesday January 26**

**Monday January 31**

BIRTHDAY BINGO 1 PM

FIRE & FALL PREVENTION (Marnie Grondahl-Fire Dept) 1:30 PM

MOVIE (Audience Choice) 12:30 PM  
TWIN PORTS COIN CLUB MEETING 6 PM

BAKE & CRAFT SALE 8:30

BEGINNING YOGA WITH MASSAGE 1 PM

BEGINNING YOGA WITH MASSAGE 11 AM  
MOVIE (Audience Choice) 12 PM

BAKE & CRAFT SALE 8:30

BEGINNING YOGA WITH MASSAGE 1 PM

BEGINNING YOGA WITH MASSAGE 10 AM  
VALENTINE'S DAY STAMP & CARD CRAFTS 11 AM  
MOVIE (Audience Choice) 12 PM

BLOOD PRESSURE WELLNESS CHECKS 11:30 AM

FIRE PREVENTION (Dr. Nate Laposky) 1:30 PM

**SPECIAL  
EVENTS**

**January  
2011**



**A** New Year's Resolution is something that  
goes in one year and out the other!

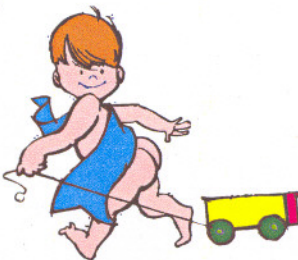
Author Unknown

## WEEKLY ACTIVITIES

**WEEKDAYS** 11:30-12:30 Senior Dining Meal  
7:30-3 Computer Room Open  
\$3 for a monthly computer card  
Eight computers are currently available  
in the newly remodeled computer room!  
Check it out!!!

### MONDAYS

12:30 Water Color & Drawing  
12:45 Cards  
Judi's Exercise Class  
2:00 Educational Lecture &  
Ice Cream Parlor



<b>TUES</b>	9-6	Ceramics (8-6 on 2nd Tues)
	1:00	Knit, Crochet, & Handwork
	3:00	Tai-chi
	6:00	Coin Club (2nd Tues)
<b>WED</b>	8:30 - 3	Ceramics
	1:00	Bingo
<b>THURS</b>	9 - 3	Open Art Class
	All Day	Open Recreation
	10:00	Naps (1st Thursday)
		Chair Yoga
<b>FRI</b>	9 - 3	Open Art Class
	10:00	Chair Yoga
	1:00	Bingo



# LINCOLN PARK CENTER

2014 West 3rd Street • 722.4107 (Carol Kari)

## SPECIAL EVENTS



<b>Wednesday January 5</b>	TRIP COMMITTEE MEETING 10:30 AM Questions? Call 628.1847
<b>Thursday January 6</b>	NAPPS 12-1:00 PM
<b>Monday January 10</b>	VIOLIN DUET (Duluth Symphony Orchestra) 1 PM
<b>Tuesday January 11</b>	ADVISORY COMMITTEE MEETING 9:30 AM
<b>Wednesday January 12</b>	BLOOD PRESSURE 10:30-11:30 AM
<b>Tuesday January 18</b>	QUESTION & ANSWER SESSION WITH DR. JORDAN MOE 10 AM
<b>Monday January 24</b>	AARP DRIVERS SAFETY PROGRAM REFRESHER COURSE 1-5 PM Call 722.4107 between 9-1 to register.
<b>Wednesday January 26</b>	4 YOUR HEALTH PRESENTATION 2:30 PM Topic - "REDUCING FALL RISK AT HOME"
<b>Friday January 31</b>	CENTER OPEN FOR SENIOR DINING PROGRAM

## WEEKLY ACTIVITIES - January 2011

<b>WEEKDAYS</b>	11:30 - 12:00 8:00-3:00 & 10:30 - 1:30 10:30 - 1:30	SENIOR DINING MEAL COMPUTERS AVAILABLE FOR USE - \$3 monthly fee (Tue-Fri only....Monday is a Community Ed Computer Class) HOT CHOCOLATE WITH WHIPPING CREAM - \$1 ICE CREAM SUNDAES - \$2....ROOT BEER FLOATS - \$1.50
<b>MONDAY</b>	9:30 - 10:30 9:30-11:30 & 12:30-2:30	EASY CHAIR EXERCISES & BALLOON TOSS WITH CAROL COMMUNITY EDUCATION COMPUTER CLASSES with instructor Ron Meyer. Call 728.7463 or 218.336.8708 to register, or for more information. (See Tuesday, 7-9 PM, as well)
<b>TUESDAY</b>	9:30 - 3:00 10:00 - 2:00 7-9 PM	CERAMICS "MORNING OUT" - WEST Call Peg Kirsh Lee of Lutheran Social Services at 724.0648 for more information on this program that gives caregivers a break. COMMUNITY EDUCATION COMPUTER CLASSES (See Monday)
<b>WEDNESDAY</b>	9:30 - 10:30 10:00 - 2:00 1:00	EASY CHAIR EXERCISES & BALLOON TOSS WITH CAROL PAINTING TAP DANCING WITH VIRGINIA (Midtowne II Dining Room)
<b>THURSDAY</b>	12:30-2:30	BINGO (Midtowne II Dining Room)
<b>FRIDAY</b>	12:30 - 3:00 9:30 - 10:30	CRIBBAGE (Midtowne II Dining Room) CAROL'S EASY CHAIR EXERCISES & BALLOON TOSS

